

All you should know about Poland

BASIC INFORMATION:

Language: Polish

Capital: Warsaw

Neighbouring countries: Germany (capital: Berlin), Ukraine (capital: Kiev), Lithuania (capital: Vilnius), Czech Republic (Capital: Prague), Slovakia (Capital: Bratislava).

On its north side Poland has an access to the Baltic sea, the highest Mountains on a south side of a country - Tatry

Time in Poland: 12:00; Delhi + 4,5 hours(16:30) in a winter time, Warsaw 12:00; Delhi + 3,5 (15:30) in a summer time

Weights & measures: metric

Temperatures: during a winter season; up to -15 degree (it starts on November and ends on March)

During Summer period: up to 30 degree

Currency: 1 zloty = 100 grosz

Population: apx. 40 millions people

Poland is a democratic country with a:

President – **Mr. Lech Kaczyński**,

Prime Minister – **Mr. Jarosław Kaczyński** leading a government and Parliament

Poland is a member of European Union Community!

www.poland.gov.pl - here is a link to the official polish website where you can find more information about polish culture, history, geography.

IMPORTANT TELEPHONE NUMBERS:

997 - police

998 - fire brigade

999 - ambulance

112 - center for emergency calls(cellular phones)

ACCOMMODATION IN WARSAW:

Renting flat in costs from 600 polish zlotys monthly. Flats, which you share with other persons, cost from 190 to 250 zlotys and are the cheapest type of accommodation. single rooms in detached houses or flats are more comfortable but more expensive(250-350 zlotys).

Most flats are furnished and most of them have a cooker, a fridge and a washing machine.

Prices of electricity ,water and central heating are usually included in the rent.

Connection to the internet and phone aren't usually included in the total rent.

CURRENCY:

Currency-zloty(PLN): 1=100 groszy, i.e. apx. 4 Euro an 3 USD.

There are coins of: 1, 2, 5, 10, 20, 50 groszy as well as 1, 2 and 5 zloty

and banknotes of: 200, 100, 50, 20, 10 zloty.

You can exchange currency to polish zloty in banks, hotels and exchange offices.

Exchange office is called in Polish KANTOR.

Currency exchange rate are available on the website <http://waluty.onet.pl/>)

PRICES

How much you must pay for

Food:

Coca cola 0,5 L.....	2,5 zl
Mineral water 1,5 L.....	2 zl
Pizza	10-30zl
Beer 0,5 L	in club: 4-8zl
.....	In store :2-5 zl
Chocolate	1,5 – 6zl
Milk	2,5 zl
Bread	2 zl
Potato/kg	1,5-3 zl
Onion/kg	2-3,5zl
Rice /kg.....	1,5-3,5 zl
Puls /kg.....	2,5-4,5zl
Oil 1L.....	3,5-8zl

Useful things:

Exercise book..... 2-8 zl

Pen	1,5-10zl
Pencil	0,50-2 zl
Blank CD	0,50-3zl
Soap	3- 14 zl
Face Cream (depend one company)	4-24 zl
Tooth brush	2,5- 8 zl
Tooth powder	2,5-8zl
Body spray	3- 25 zl
Monthly bus ticket	50zl

Entertainment:

Cinema ticket.....	10-15zl
Swimming pool 45 min.....	8-10zl
Theater	10-24 zl
Dinner at restaurant	10-40zl
Disco	5-20zl
Bowling 1h.....	5-10zl

SOME POLISH WORD

Dzień dobry	goodmorning.
Do widzenia	goodbye
Dobry wieczór	good evening
Dobranoc	goodnight
Cześć	hello
Jak się masz?	How are you?
Dziękuję	Thank you
Proszę	please
Przepraszam	sorry
Bank	Bank
Chciałbym wymienić pieniądze	I would like to Exchange Money
Chciałbym otworzyć konto bankowe	I would like to open a bank account
Chciałbym zrealizować ten czek	I would like to cash this cheque.
Gdzie jest najbliższy bankomat?	Where is the nearest cashpoint?
Bankomat	cashpoint
Kasa	checkout
Pieniądze	Money
kantor wymiany walut	Money Exchange Office
Hotel	Hotel
Czy są u państwa wolne pokoje?	Are there any vacant room?
Chciałbym zarezerwować pokój na jedną noc.	I would like to book a room for one night.
Czy może mi pani / pan polecić jakiś dobry i tani hotel?	Can you recommend a good and cheap hotel to me?
Poproszę pokój jednoosobowy /dwoosobowy z łazienką	I would like a single/ double room with bath.
Ile kosztuje doba hotelowa?	How much is a single room?
Bagaż	luggage
Czas pobytu	length of stay
Pokój jednoosobowy	single room
Pokój dwoosobowy	double room
Recepcja	reception
Rezerwacja	reservation, booking
Zakupy	shopping
Gdzie jest centrum handlowe?	Where is the shopping center?
W jakich godzinach są otwarte sklepy?	When do the shops open and close?
Szukam bazaru owocowo-warzywnego.	I m looking for a fruit and vegetable market.
Jak dotrzeć do centrum handlowego?	How can i get to the shopping centre?
Chciałbym kupić sobie...	I would like to buy...
Oto moja lista zakupów.	This is my shopping list
Ile to kosztuje?	How much is it?
Czy mogę zapłacić kartą kredytową?	Can i pay by credit card?
Cena	price
Przecena	discount
Wyprzedaż	sale
Sklep	shop
Owoce	fruit
Warzywa	vegetables
Mięso	meat
Pieczyno	bread

Nabiał	dairy products
Ubrania	clothes
Buty	shoes
Kosmetyki	cosmetics
Księgarnia	bookshop
Rozrywka	entertainment
Czy mogę cię zaprosić na kawę?	Can I invite u for coffee?
Chodźmy dzisiaj wieczorem do kina.	Let's go to the cinema tonight.
Gdzie jest...	Where is ...
Klub studencki	Students club
Teatr	theatre
Filharmonia	philharmonic hall
Pub	Pub
Dyskoteka	disco
Kino	cinema
Basen	swimming pool
Siłownia	gym
Restauracja chińska, włoska, pizzeria	Chinese, Italian restaurant, pizza place
Kawiarnia	cafe
Jedzenie	food
Czy możesz mi polecić dobrą restaurację?	Can you recommend a good restaurant to me?
Czy macie potrawy wegetariańskie?	Have you got any vegetarian dishes?
Proszę mi polecić typowe danie kuchni polskiej.	Please recommend some typical polish dishes to me .
Proszę wodę mineralną i sok pomarańczowy.	I would like a mineral water and an orange juice. Please.
Proszę o rachunek.	I would like the bill please
Chciałbym zapłacić kartą.	I would like to pay by credit card
Jadłospis	menu
Dania mięsne	meat dishes
Dania jarskie / wegetariańskie	vegeterian dishes
Salatka	salad
Deser	dessert
Kawa	coffee
Herbata	tea
Transport	transportation
Jakim autobusem dojechać na lotnisko?	Which bus goes to the airport?
Gdzie jest przystanek autobusowy?	where is the bus stop?
Jaki autobus jedzie w kierunku centrum?	Which bus goes to the centre of town?
Chcę dojechać do..., proszę mi powiedzieć gdzie mam wysiąść.	I would like to get to... can you tell me where to get off, please
Gdzie jest postój taksówek?	Where is the taxi rank?
Proszę mnie zawieźć na ulicę...	Take me to.... Street please
Samolot	plane
Lotnisko	Airport
Dworzec kolejowy	railway station
Postój taksówek	taxi rank
Autobus	bus
Bilet	ticket
Rozkład jazdy	timetable